

# Fort Riley



Robert Tardiff plows snow from the sidealks of post schools. See page 3 for more.

February 1, 2002

Proudly serving the Home of America's Army

Vol. 45, No. 5

# **Gauntlet**

# Safety stressed during exercise

By Jeremy Heckler

19th PAD

In the heat of battle, no matter vhether it is on the training areas of Fort Riley or in a foreign land ighting for freedom, safety is lways in the back of the minds of

During the recent Combined Arms Live Fire Exercise safety ecame the driving force of the raining.

"We started planning for Gauntlet last July and provided our soldiers with cold weather raining and heater training on the ot bellied stoves," said Maj. Kurt Pinkerton, 1st Brigade Combat Feam operations officer. "When ve prepared tactical operations, he brigade commander and I conlucted a risk assessment.'

Pinkerton said that the brigade ehearsed several of the safety neasures at the company and plaoon level as they built toward the inal operation.

"We implemented several hings in order to make this CALFEX successful," said inkerton. During most live fire exercises, the training is confined o the ranges where units follow lesignated routes and procedures. n order to make the exercise nore realistic, the brigade transormed the maneuver areas into a ive-fire range full of targets. In order to make this possible, the rigade worked in conjunction vith Fort Riley Range Control ind secured the training areas orth of Custer Hill.

Pinkerton said that aircraft rom the Civil Air Patrol as well s one of the Devil Brigade battle aptains sweep the area the night perfore and ensure that unautho-ized personnel are not allowed in he area.

"We man five tactical control points that are the main access to he maneuver area," said Pinkeron. "Once we put those points up Il access is reported to us and ange control hands over approval uthority to our brigade tactical perations center."

With the area secured, the origade's units put safety first.

Being on a tank is inherently langerous, but we don't want to ake any unnecessary risks," said

Before the CALFEX, soldiers rom the 1st BCT received a realty check on what to engage and vhat not to engage.

'We took our soldiers and gave hem a vehicle identification sesion where we placed a tank next o one of the target panels," said st Lt. Phillip LaCasse, Company 3, 2nd Battalion, 34th Armor afety officer. "We told them to hoot anything that looks like a arget and don't shoot any of the anks." They were also told that ill of the targets were pop up tarets and didn't move.

"Our eyes are always open for afety," said SFC Joseph Dullock, To. B, 2nd Bn., 34th Armor. "We lways have everything on safe and our hand up above the gun so hat we don't shoot unless we lave a positive identification.'

"The biggest safety measure is conducting a dry-fire ehearsal," said Pinkerton. During he rehearsal, the soldiers can see vhat terrain features they would ncounter and know where everyme is located when they engage

heir targets. To insure that safety, observers ravel behind the troops to ensure hat the operation moves without

# 'Fire in the hole'



**Soldiers from** the 1st Battalion, 16th Infantry, left, place a Bangalore Torpedo during Gauntlet.

Below, soldiers from the 1st Bn., 16th Inf., manuever through a cleared breach lane during the Combined Arms Live Fire Exercise last week.



# Infantry rehearse breaching techniques

Story and photos by Steven Cooke 19th PAD

At the Combined Arms Live Fire Exercise, Jan. 25, soldiers from the 1st Brigade Combat Team used the Bangalore Torpedo to clear a wire obstacle so they and their Bradley Fighting Vehicles could pass through to complete the mission.

The Bangalore Torpedo is an anti-personnel mine clearing charge that dates back to World War II.

When it was first used, the explosion would set off mines or destroy them," said Maj. Dale Cleland, 1st Engineer Battalion operations officer.

An individual soldier, or team of two, connects the

number of needed sections, and then pushes the Bangalore through the minefield before detonating. An electric or non-electric blasting cap initiates the

"It's very effective for breaching through wire and clearing a path through mines," said Cleland, "but now we use it predominantly for breaching wire."
The major explained the Army now uses the Mine Clearing Line Charge as a more effective way to clear

'The Bangalore creates a contained blast with high velocity explosion so everything above it moves away from the blast," said SFC Donald Brown, Headquarters and Headquarters Company, 1st Engineer Battal-

The tubular explosion tool is a man-portable device. Although the torpedo is usually set up by engineer troops, they once shared the tool with the infantry and both received training on it.

An infantry squad from 1st Battalion, 16th Infantry set up the Bangalore in about eight minutes and completed their mission in about 30 minutes during the CALFEX, explained Brown, assistant brigade engineer noncommissioned officer in charge.

"The mission went well. For them being infantry soldiers doing an engineer's job, they did very well,"

# Devil Brigade ends Gauntlet with bang

By Jeremy Heckler

19th PAD

The Devil Brigade brought to bear its full force on the final objective in a livefire battle that swept from the Multi-Purpose Range Complex to Fort Riley's

The Combined Arms Live Fire Exercise officially ended Gauntlet for the 1st Brigade Combat Team. Gauntlet is a month-long training mission to prepare units for worldwide deployments.

"This is an overall training for combat," said Maj. Kurt Pinkerton, 1st BCT opera tions officer. "NTC is a stepping stone in that training.

In order to create a more realistic exercise, the brigade employed not only the MPRC's targets, but expanded into the maneuver areas where live rounds are nor-

"Preparing for NTC, we knew that we were going to be performing deliberate attack operations," said Pinkerton. "We built the lane off of one of the potential built the lane of t missions we might face.

"The difference between live-fire on a range and out in the maneuver areas is that in the maneuver areas the company commander or battalion commander can't see where all of his elements are positioned."

"This gives us a chance to see how the how battlefield unfolds with live ton. weapons," said SFC Joesph Dullock, pla-

"This is the closest to live combat we get," said Cpl. Travis Scheweger, Compa- breach force," he said

ny B, 2nd Bn., 34th Armor. "Live fire is fun for us because you are

The brigade integrates the weapon systems into a two battalion-sized task force assault on Fort Riley.

"Combined live-fire exercise is a brigade level operation with a maneuver task force and indirect fire support for the 2nd Battalion, 34th Armor," said Pinker-

"We took the 1st Engineer Battalion and

toon sergeant Company B, 2nd Bn., 34th turned them into a second maneuver force by giving them a tank company, along with the rest of their battalion, which forms our

> As the sun slowly rises on the MPRC, a task force made up of mechanized infantry They are the initial push of the attack.

> The ground forces are protected by air defense artillery units that insure that the skies around them remain friendly.

> "Our job out here is to destroy all the rotary and fixed-wing targets for the task force," said Sgt. Dean Rhein, Company C, 4th Battalion, 3rd Air Defense Artillery. The company shot down radio-controlled targets designed to replicate enemy air-

> "Our job is to kill the RIGMAT and get it over with," said Rhein.

Waiting on the western edge of the maneuver area was a second task force that provides the knockout punch for the brigade.

The second task force combined 2nd Bn., 34th Armor and a mechanized company from 1st Battalion, 16th Infantry who attacked southeast towards the artillery impact area said LaCasse.

The engineer-led force penetrates obstacles in the brigade's way.

The concept of an engineer-led maneuver force was first practiced in computer simulation before bringing it to the Gauntlet exercise. The primary function of this force was to neutralize obstacles and allow the maneuver force to penetrate the

enemy's lines. "Wa bring the engineer bettelien up to



# Fort Riley Tax Center opens today

eady to help the soldiers, retirees and their family members with heir taxes. The center is open for the Rate Reduction Credit.

on Gym and across from Nornandy Chapel.

The Tax Center hours of opera-ion are Mondays through Vednesdays and Fridays from 2:30 a.m. to 5 p.m., Thursdays rom 9:30 a.m. to 8 p.m. and Satırday from 9:30 a.m. to 1 p.m. Appointments can be made by alling 239-1040.

Taxes can be very confusing distressful, especially as new tion Credit works. Taxpayers who

Fort Riley Tax Center is getting can help make the tax season less confusing and stressful. One of the biggest issues for taxpayers is

usiness today at 9 a.m.. The Rate Reduction Credit is It is located in Bldg. 7826 on for taxpayers who did not receive Custer Hill, right behind Robin- an Advance Payment of the Rate Reduction Credit this past fall is the same as the maximum paybased on their 2000 tax returns.

If you received an advance payment but do not remember the amount, call the IRS TeleTax line at (800) 829-4477. When calling that number, you

will need to provide your Social Security Number, filing status and the number of exemptions.

advance payment, you will not be

payers.

Credit on your 2001 tax returns.

payment that is less than the max-

imum amount, may complete the

worksheet in their tax package to

determine if they qualify to claim

the Rate Reduction Credit on their

ment amounts; \$300 for single or

married filing separate taxpayers,

\$600 for married filing jointly and

\$500 for head of household tax-

amount for your filing status as an

If you received the maximum

The maximum credit amount

2001 tax returns.

able to claim the Rate Reduction

If you did not receive the max-

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Tax time is upon us and the laws are passed. The Tax Center received no advance payment, or imum advance payment, you may be eligible for a higher credit amount than what you received.

If you are eligible for the Rate Reduction Credit, here is some important information.

The Rate Reduction Credit can reduce your tax liability, but not below zero. For example, if the credit is more than your tax, the excess credit will not be refunded to you.

Members of the Tax Center are working hard to serve you. Let the Fort Riley Tax Center help take the stress of tax season away for you and your family.

If you need more information, call 239-1040.

**FAITH FURNITURE** 

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When ice and snow hit post Wednesday, Dan Hildenbrand, 14, and Ian Phillips, 13, spent their day off from school shoveling walks and driveways for families whose husbands are deployed. The boys said they like to help people out and also get community service credit from their schools.

# Special Forces recruiting initiative announced

FORT KNOX, Ky. - This just 400 soldiers, who must sioned Officer corps for current, nonth the U.S. Army Recruiting Command restores a 36-year-old jualified, motivated young men o apply directly for Special still apply. Forces upon enlistment. The orignal Special Forces recruiting program began in 1952 and ended in Forces through in-service pro-

This pilot program returns an xciting opportunity for dedicatd. disciplined recruits considervill be limited for the first year to Operations Forces Non-Commistence Army recruiter.

undergo an average of over 80 weeks of intensive, demanding Army program allowing highly military training. High-quality Army enlistment standards also

Historically part of the Special Forces soldier-entry process, this program was discontinued when 988, when the Army began the Special Forces became a sepa-electing soldiers for Special the Special Forces became a sepa-rate branch and started the Special Forces Assessment and Selection process. Upon detailed review accessions program is being re-

emerging and future requirements

The prerequisites and standards will maintain both the high standards of Special Operations Forces team and permit motivated individual candidates the best opportunity to successfully complete the two-year training requirements.

The minimum term of soldier enlistment will be for five years. within the Special Operations Individuals are encouraged to Forces community, this initial-accessions program is being re-recruiter for further details. Visit ng Special Forces. The initiative established to train the Special http://www.goarmy.com to locate

continued from page 1

afeties watch the elements as hey maneuver and watch for insafe acts."

Turner said that the safeties bserve the way gun tube is ori-nted and vehicle movement, uch as when vehicles cross in ront of each other.

In addition to the observers, the rews that pop up targets along he range will not raise a target if hey view an unsafe act.

Communications is one of the eys in keeping soldiers safe.

"We monitor how the units call or fire," said SSgt. Don Hancock, st BCT assistant fire support

Hancock and his team track the attle so they know the exact

Hancock said that the brigade ire support team ensures that very unit, be it the observers, tacical operations center, scout unit or brigade reconnaissance team ises the proper procedures and eports with their location.

We need to know where they re on the battlefield at all times o that there won't be any nstances of fratricide," said Hanock.

Hancock said that many inexperienced fire support observers vould not call in their position nd be near where the enemy is

If another fire support team pots the enemy in the same locaion and will call down fire that ould possibly destroy the team hat failed to report in their posi-

At the end of the battle, the iltimate victory shows when veryone comes back in one HOUSE ADS 2 x 6.5' Black Only Statement of Ownership

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# Taking a snow day

Fort Riley community prepares for worst while making best of situation





Staying home from school because of snow is a perfect excuse to pull out the sleds and head for a hill. Kids on Fort Riley's Main Post were no exception Wednesday as icy conditions cancelled school.

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Kids got to stay home from school because of icy roads and the predicted snowfall accumnalations. Not everyone was so lucky. Road crews worked throughout the night and all day teeping Fort Riley roadways clear and safe.

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# Briefs

# Change of command Feb. 14

Headquarters and Headquarters Detachment of the 541st Maintenance Battalion will change comnand Feb. 14 at 9:30 a.m. at Long 3ym. The

reception will follow at the i4st Maintenance Battalion Class-

The outgoing commnader is Capt. Todd S. Zwolensky. The ncoming commander is Capt. Dwight J. Bryan

# Marital Communication Class set

Want to make a good marriage etter? Want to better understand our spouse? Want to have your pouse better understand YOU?

Come learn how to deal with nisunderstandings, and how to top the argument cycle at the Couple Communication Class on Feb. 12 from 6-8 p.m. at the Sollier and Family Support Center, Room 29. Free child care is pro-

The course is presented by the Fort Riley Family Life Chaplain. Register by Feb. 8 by calling 239-

## Fire Department responds

The Fort Riley Fire Departnent responded to the following alls the week of Jan. 17-23. The alls included actual fires, emergency medical services, vehicle ccidents, hazardous materials. nedical evaluations and vandal-

# Dinner Theatre tonight

The Army Entertainment com-dy production "The Complete Vorks of William Shakespeare -Abridged," plays tonight in dinner heater format at Riley's Confernce Center. An Italian Dinner suffet will be served beginning at j p.m. with curtain at 8 p.m. and he production will follow. Tickts at \$12.95 are available through init Better Opportunities for Sin-¿le Soldiers representatives, ITR 239-5614) or Riley's (784-5999). Reservations are encouraged.

Three soldiers - a chemical ngineer, a mechanic, and a field rtillery surveyor - take to the tage to perform all 37 of Shakepeare's works, and they do it in 00 minutes. They are Spec. Travis DelMatto, Spec. Jason Ging and PFC Derek Shannon. supporting the soldier actors are echnicians Sgt. Thomas Labeth and PFC Jarrod Lancaster, who hange the scenery, run the lights nd sound and help the actors vith their split-second costume

# Sweetheart Dinner, Dance

Riley's Conference Center nnounces it will host a Valenines Day Sweetheart Dinner and Dance Feb. 14. Dinner will be erved from 6-8 p.m. and the lance featuring music from DJ Hill is set 8 p.m. to midnight. The linner and dance are by reservaion only at \$19.95 per person. Reservations can be made calling 785) 784-5999.

# Sing-A-Grams available

Better Opportunities for Single Soldiers will offer its Valentine Sing-A-Grams, Feb. 13 and 14. Three packages are available ncluding a song for \$10, a baloon and chocolates for \$15 and

ong, balloon and chocolates for 320. Reservations for Sing-A-Fram visits came be made hrough the ITR, Bldg. 6918, or alling 239-5614 or through 3OSS representatives. The Sing-A-Gram program is limited to nilitary and civilian ID cardholdrs in the Fort Riley, Manhattan

# Super Bowl party set

Sports U.S.A. will host its NFL Super Bowl Party beginning at 5 p.m. Sunday featuring the St. Louis Rams and the New England Patriots. The Super Bowl will be telecast on the four Sports U.S.A. 100-inch big screen televisions. The Super Bowl Party will also include specials and prizes throughout the evening.

# Valentine party slated

Sports U.S.A. will host a Valentine Party Feb. 14 with a dinner buffet beginning at 7 p.m. followed by variety music and dance at 9 p.m. The dinner buffet at \$8.95 per person. Table reservations can be made by calling 784-

### Skate party available

Riley Wheels Skating Rink, located inside King Field House, Main Post, is offering a Valentine's Skate Feb. 14, from 6 to 8 p.m. Couples are \$4.50 and individuals are \$3 for this special skate session. Reservations and additional information is available by calling 239-3764.

# Sports U.S.A. announces programs

Sports U.S.A. is sponsoring a "Quarters Bounce" Tournament at 8 p.m., Feb. 8. Two-person teams will compete in the tourney with winners qualifying to compete against other regional champs in the local area. Regional winners will advance to a championship event in Kansas City.

Sports U.S.A. continues its two special DJ music programs. The next "Late Nights" featuring Urban and Hip-Hop with DJ Monroe are scheduled Feb. 9 and 23 starting at 10 p.m. Upcoming Sports U.S.A. "Latin Music Nights" are set for tomorrow night and Feb. 16. The "Latin Music Night program also begins at 10 p.m.

Sports U.S.A. has also added Flashback Thursdays to its weekly program lineup. Music from the 70s, 80s and 90s is featured from 8 p.m. to Midnight each

## Community Action Council scheduled

The next Community Action Council is scheduled for Feb. 27, from 9:30-11 a.m. at Riley's Conference Center.

# Open shop areas open

The Fort Riley Arts and Crafts Center offers a number of open shop usage areas for patrons. Usage areas include woodshop, ceramics studios, matting and framing studio, computer lab, photography, stained glass, sewing, quilting, basket weaving and leather. Specialized equipment such as sewing machines, glass saw and grinders and engraving equipment are available for walk-in use. Open shop activities hours of operation are 9 a.m.-5 p.m. Saturday, Sunday and Wednesday and 1-9 p.m. Monday and Tuesday. The Arts and Crafts Center is co-located with ITR in Bldg. 6918 across from the Post Exchange.

# Outdoor Rec programs planned

Outdoor Recreation is presenting a number of programs beginning tomorrow with its Outdoor Recreation Equipment Orientation program at 9 a.m. A 3D Archery Shoot is planned for Feb. 23 at 9 a.m. All programs conducted at the Outdoor Rec Center, Bldg. 9011, Rifle Range Road, Camp Forsyth.

# Swim lessons begin

The next session of Eyster

Indoor Pool swim lessons begins Monday. The swim lesson sessions run Feb. 4-15. Sessions scheduled include 4-4:30 p.m., Level I; 4:30-5 p.m., Level II; 5-5:30 p.m., Level III; 5:30-6 p.m., Level IV. Cost for the swim lessons is \$20.

### ACAP Job Fair set

The Army Career & Alumni Program is sponsoring a Job Fair from 9 a.m.-

1 p.m., Feb. 8 in the ACAP Center, Bldg. 210, Room 007. There will be local and national employers present to talk with and interview prospective employees, said DeAnn Parsons, counselor ACAP Center . She also emphasized that a list of employers invited to the Job Fair will be posted in the ACAP Center. To prepare for the job fair, DeAnn has provided the following job search tips:

(1) Research the companies that you would like to talk to for employment opportunities,

(2) Have your resumes ready

(3) Come dressed appropriately for the interview.
Call the ACAP Center at 239-

2278 for more information.

# Corporation visits

In addition to ACAP Job Fairs, the ACAP staff is constantly inviting additional employers to the center in their search for good employees. The Vinnell Corporation will be in the ACAP Center on Feb. 21 and 22 to conduct interviews on a walk-in basis. Vinnell is an international operations, maintenance and training contractor and has been in partnership with the U.S. Army and the Saudi Arabian National Guard for over 25 years. Vinnell is seeking highly motivated and qualified former officers and NCOs to fill positions in Direct Support maintenance and training.

# MOMS Club meets

The MOMS Club of east Manhattan is a non-profit club designed for stay-at-home moms (or dads). It provides moms with an opportunity to interact with one another while their children participate in various daytime activities all month. Most events are for moms and their children to participate in together during the day, while some are especially for moms with optional child-care available. Children are welcome at all activities. A monthly business meeting is held the third Friday of each month at 9:30 a.m. at the First Christian Church (not affiliated) in Manhattan. Annual dues are \$18. For more informantion, contact Lisa Schwarz, (785)

# Thrift Shop open

The Fort Riley Thrift Shop will be open tomorrow from 10 a.m.-1 p.m. and will accept consigments from 10 a.m.-noon. The Thrift Shop currently tion of ladies' formals for the upcoming ball season. The Thrift Shop is open Tuesdays, Wednesdays, Thursdays from 9:30 a.m. -2:30 p.m. and the first Saturday of each month from 10 a.m.-1 p.m. Consignments are taken on Tuesdays from 10 a.m. - 1 p.m. and on open Saturdays from 10 a.m. -2 p.m. The shop is located in Bldg. 267 on Stuart Avenue near the stables. Volunteers are needed during business hours to help tag and put donations on the shelves. Child care reimbursement is available. Please call 784-3874 for more information. The Thrift Shop email address is thrift@ozonline.net, for customer questions or concerns.

# Special Forces recruits

A Special Forces recruiter will visit Fort Riley Feb. 11-15. The briefings will be held at Bldg.

7626. The times are at 10 a.m and 1:30 p.m. each day. There will be an additional brief at 6 p.m. on Feb. 12 and 14. A PT test will be conducted at Long track at 7 a.m. on Wednesday, Thursday and Friday. Candidates will weat BDUs and running shoes. For more information, call 719-510-4493.

### OCSC luncheon set

The next OCSC luncheon will be Feb. 14 at 11 a.m. at the Riley's Conference Center. The program will be the Junction City High School Chorale and the Washington Studio Dancers. Make your reservation for the luncheon and child care needs by Wednesday by calling the following people: A-M — Teresa Howard at 717-2464; N-Z — Dani Wadsworth at 717-1580; Ogden and Manhattan — Laura Ann Pegg at 770-8310. For child care needs call Rhonda Lysinger at 717-6468.

### Art Auction slated

March 1 the OCSC will host an auction of fine art at Riley's Conference Center with a preview party beginning at 6 p.m. and the auction at 7:30 p.m. Complimentary hors d'oeuvres will be served during the preview. There is no admission fee and the event is open to the public.

# Classes help Army families

The following are classes scheduled for February. For more

information or to register for a class, call 239-9435.

Wednesday — 6:30 p.m. —
Level I — Am I Really Part of the Team? — Family and Military Expectations, Impact of the Mission on Family Life — Basic Problem Solving

Feb. 27 — 6:30 p.m. Advanced Training — Advanced Army Life — Military Grade and Command Structure, Benefits, Entitlements and Compensation, Understanding the Organization of the Total Army

### MCCW events listed

MCCW meets Thursday evenings at 7 p.m. at Morris Hill Chapel for bible/literature study. Watchcare is available. There is also a 9 a.m. the first Friday of every month for mass, rosary and potluck fellowship. Watchcare is available. Call 239-4691 or 784-8210 for more information.

### Civilian honored

Steven Butler, procurement analyst at the Directorate of Con-

tracting, was presented a Department of the Army Certificate and a time-off award from Carole Blixt, director of Contracting. He was named the Employee of the Quarter for the 1st Quarter of Fiscal Year 2002.

## Vehicle registration hours change

The hours of operation for customer walk-in at the Vehicle Registration Office in Bldg. 210 have changed. There will no longer be walk-in registration on Thursday mornings from 8 a.m. - 1 p.m. From 10:30 - 11:30 a.m., this time will be dedicated to in-processing new soldiers.

# Christian musicians sought

The Contemporary Protestant Service is looking for the following musicians: piano player, lead guitar player, bass guitar player and an additional drummer. The service meets each Sunday at 11 a.m.

The praise team practices on Sunday mornings at 10 a.m. and Wednesdays at 7 p.m. If interested, call Chap. Jim Paulson at 239-3436. (If no answer, please leave a message on the answering machine.)

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KANDAHAR AIR BASE (Afghanistan)- From left to right, Army PFC Michael Hamers, Pvt. Robert Sheppard and PFC Johnathan Snow, all with Company D, 2nd Battalion, 187th Infantry Regiment, stand alert by their vehicle after spotting movement in the nearby ridgeline.

KANSAS PRESS 2 x 2" Black Only fenphen

101st takes over at Kandahar

By Eric S. Bartelt

ARNEWS

KANDAHAR, Afghanistan - Soldiers of the 101st Airborne Division (Air Assault) have now taken over the job of guarding Kandahar International Airport from Taliban and Al-Queda fight-

ers in Afghanistan. The 187th Infantry Regiment has replaced the 26th Marine Expeditionary Unit on the perimeter of the Kandahar airport.

M. Cpl. Stephen Roberts, machine gunner, Co B., 2nd Battalion, 187th Inf. Regt., recently received the battalion commander's coin for actions Jan. 19 in reporting the activity of six unknown persons who were

to stake out the perimeter. The unknown suspects were about 350 meters from the perimeter fence when Roberts

seen jettisoning from their vehicle

spotted them. He called in to the radio telephone operators, or

RTOs, who then sent out a patrol. The suspects escaped, but their

planned mission was thwarted. 'We make sure everything is safe, the airfield is safe, and the people that are behind the lines are able to do their jobs profi-

"I'm lucky to be in a unit like this, I'm proud to be a `Rakkasan' (187th Inf. member) with its tradition and history,"

—PFC Kevin Kusak

ciently," said Roberts.

Some of the weapons that the soldiers have out on the perimeter like to joke about the good times include the AT-4, M-203 and Javelin missile with combat launch unit that picks up the infrared of intruders at night.

"I think I'm prepared and our NCOs are great teachers getting us prepared for this mission," said Pfc. Dennis Kusak of Company

B, 2nd Battalion, 187th Inf. Regt. "It's all about following directions and having the discipline, that's the key to completing our

> mission." "I'm lucky to be in a unit like this, I'm proud to be a 'Rakkasan' (187th Inf. member) with its tradition and history," said Kusak.

> He also went on to say the morale of his company is great through the first two weeks in country.

"Our company tries to make the best of this situasaid Kusak. tion,"

"When we have free time we we had at the barracks and grow a bigger bond and come closer together like a band of brothers."

HOUSE ADS 6 x 13.5" Black Only AUSA--if possible

# Army unveils SmarTruck

# Officials say concept vehicle revolutionary idea for military use

By Dennis Ward

**ARNEWS** 

DETROIT — "This is not Hollywood," the announcer declared while airing a short clip on the new SmarTruck in action.

"This is today's Army!"

That live coverage by Detroit's local ABC affiliate aired Jan. 11 during the 14th Annual North American International Auto Show charity preview.

Secretary of the Army Thomas E. White helped officially open the auto show in a black-tie ribbon-cutting ceremony. White also officiated at the formal unveiling of the Army's own exhibits at the show. SmarTruck was, handsdown, the show-stealer, according to officials of the

Army's Tank-automotive and Armaments Command and it's National Automotive Center.

SmarTruck is a concept vehicle built upon a Ford F-350 pickup as a platform for NAC to test several anti-terrorist, homeland defense systems.

Examples of SmarTruck's James Bond-like capabilities are hidden body armor, high-voltage door handles, oil slicks, tacks, blinding lights, pepper spray, smoke and detection devices. It also boasts both roof-launched grenades and a roof-concealed laser on a relatively normal-look ing F-350 pickup. SmarTruck was exhibited against the backdrop of a seven-minute produc-

tion-quality film that dramatically demonstrated the vehicle's spy-age defenses. In the video, SmarTruck transported a soldier carrying an embassy pouch safely and quickly through danger.

In operation, SmarTruck is 90percent defensive, 10-percent lethal, and 100-percent excitement, TACOM officials said. They said SmarTruck's "weaponry" may one day be adopted for use on more traditional Army equipment, but for the present, it is only experimental.

The rest of the Army's exhibits focused on automotive engineering breakthroughs resulting from cooperative research efforts between the NAC and it's industry and academia partners.

The Army's exhibits included cooperative ventures between NAC engineers and their counterparts in each of the big three auto companies — DaimlerChrysler, Ford and General Motors. Actually, 15 automotive equipment manufacturers, as well as four academic research centers, participated in the technical developments showcased by NAC and were recognized within the

show's displays. NAC-partnered technologies state-of-the-art wiring system; new steel manufacturing and applications processes being explored in a partnership with Ford Motor Company engineering; and an "electronic drive" transmission which NAC helped

Allison Transmission Division.

NAC officials said the transmission may well eventually surface as the "techno-gem-sleeper" of the entire auto show. They said lowed by an invitation to 'bring it the transmission is "that dramat- in. ic, that revolutionary!"

the operating efficiency of its mated engine, NAC officials said. They said no matter the engine manufacturer, the resultant power train effects 60-percent improvements in fuel economy and a 90-percent reduction in pollutant emissions while maximizing the engine's operational efficiencies.

use in select military trucks and municipal bus equipment applications with great results, NAC officials said.

The wiring system itself, however, literally pushes the envelope in on-board diagnostics, NAC officials said. They said it can provide owners, dealers and manufacturers with real-time monitoring of every major and minor component within the vehicle's frame, with the exception of the chassis itself. For auto and dual-use technologies in exhibited at the show included a owners, the wiring system will provide the confidence and security of knowing all systems are up, running and working at their optimum each time the car is being operated, NAC officials

Should a part begin showing alike.

Fund will only be used to assist family members who lost their

loved ones during the Pentagon

it was only for the Pentagon

attack, and we don't want to use

fund for Operation Noble Eagle, I

don't know that, but we'll defi-

donations can mail their contribu-

tion to the Pentagon Victim's

Fund at Army Emergency Relief,

200 Stovall Street Room 5N13,

Alexandria, Va., 22332-0600.

nitely do what we can to help."

the funds for anything but that.

"When we asked for donations

We might establish another

attack, Mason said.

partner with General Motors' signs of failure or if systemic problems surface in like cars, owners would be notified immediately of both the problem and its recommended repairs, fol-

Application of such a system The "electronic drive" trans- to military equipment, once mission virtually takes control of matured, should be obvious, NAC officials said.

It would provide battlefield commanders with total, real-time oversight of armor and wheeled fleets throughout the critical stages of combat.

TACOM first unveiled the NAC exhibits during a mediaonly preview Jan. 8. TACOM Chief of Staff Col. R. Bruce Har-The transmission is already in rison provided the welcome and opening remarks to about 75 media representatives.

Following Harrison's welcome, NAC's director, Dennis Wend, gave a brief overview of the Tank-automotive and Armaments Command and the National Automotive Center exhibits on display.

The purpose of the Army's exhibit, NAC officials said, was to provide a forceful demonstration of automotive innovation action.

They said the exhibit showcased how the Army today is leveraging common goals with its automotive engineering counterparts to benefit the Army, industry, and American consumers

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# Funds roll in to assist Pentagon victims

By Marcia Triggs

**ARNEWS** 

WASHINGTON - The Pentaon Victim's Fund has raised \$4 nillion so far to help the families of soldiers killed during the Sept. 1 terrorist attack on the Pentaon. The Pentagon Victim's Fund part of Army Emergency Relief — serves two functions, aid Gregory Mason, AER deputy lirector for finance and treasurer.

"First there is the immediate inancial relief of the families nvolved. Then, we're providing econdary education to the chillren of the victims.'

So far, there have been 35 chil-Iren designated to receive complete funding to attend a universiy or continuing education school of their choice, Mason said.

The only requirement, he said, s to get accepted by the school, and remain in good standing inder the school's standards.

The youngest of the 35 chillren will be born next month," Aason said.

"The oldest is 21 and currently n school. The rest of the children ange in age from 2 to 15."

Most of the contributions have ome from individuals, Mason aid, but a few companies have given donations to the fund.

320,000 to the Pentagon Victims Fund Jan. 23 during a small cere-

**FILL** 

MCCULLOUGH DEVELOP-MENT, INC. 1 x 2" Black Only Off Post Housing

owner of hundreds of food, home and personal products, donated \$40,000 to be shared between AER and the Navy-Marine Corps Relief Society. AER has agreed to collect and

mony at the Army Emergency Relief headquarters in Alexandria,

Va. Unilever North America, the

distribute the proceeds donated to the Pentagon Victim's Fund. Unilever donated 50 cents for each case of its products put on display Sept. 16 through Oct. 14 in commissaries in the Defense Commissary Agency's Eastern Region. Bill Whaley, a Unilever manager and former soldier, spearheaded the project because he said he knows the unique challenges of military life.

I enlisted in the Army at age 25, and served nine and a half years," Whaley said.

"I know what it's like to buy groceries for five kids on first-

year military pay.
"The Navy-Marine Corps Relief society announced that it will also help the family members of military personnel killed during Operation Noble Eagle.

The AER Pentagon Victim's

People who want to send in donations to assist the family members of civilian personnel can mail their donation to the Federal Employees Education and Assistance-World Trade Center/Pentagon Fund, Suite 200, 8441 West Bowles Ave., Littleton, Colo., 80123-3245.

The annual AER campaign kicks off March 1 through May People who want to send in 15.

> Last year, AER made available to soldiers \$35 million in interestfree loans, \$3.4 million in grants and \$2.3 million in scholarships.

**BRYAN CAREER COLLEGE** 4 x 2" Black Only Bryan Career College

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WALLACE THEATER CORP. 1 x 3" Black Only

new times



# Fort Riley Sports

February 1, 2002

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# 2002 Olympic soldier/athletes highlighted

### Early success

Lawton Redman tried biathlon for the first time in 1998 and already has won three national titles (2001 sprint, 2001 individual and 2001 pursuit), made the United States World Cup team, and made his World Champi onships debut in Slovenia. Because he entered biathlon as a senior and had no Europa Cup (minor league) or junior experience, he says he is grateful for the lessons he learned last year on the World Cup circuit. Despite his rapid success, Redman does not draw atten-

# Setting the bar

No American ever has placed higher than 14th in a non-relay event at the Olympic Winter Games. Jeremy Teela (pronounced TEE-la) placed a surprising ninth in the 10-kilometer sprint at the 2001 World Championships at Pokliuka, Slovenia. It was the best finish for a U.S. biathlete in the worlds since Josh Thompson placed second in the individual event in 1987.

Kara Salmela (pronounced SOLLmuh-luh) will make her second Olympic Winter Games appearance in Salt Lake City. At the Nagano Games in 1998, the American biathlete finished 58th in the individual and was 15th in the relay. The former U.S. national sprint champion (1998) got her start in the 1992 Junior World Championships with a rifle borrowed from her future husband, Cory Salmela, now a coach with the iunior national team. After marrying in 1993, they left Northern Michigan University in Marquette and moved to Lake Placid, New York, to train for the Games.

American Andrea Nahrgang (pro- World Cup overall standings. nounced NAR-gang) began cross-country skiing at 14. Three years later, she started biathlon training full-time after attending a camp in Lake Placid, New York. She competed at the Junior World Championships in 1997 and 1998, and while still a junior - defeated senior-level athletes to claim the 1998 U.S. National title in the 15-kilometer individual event. As a result, she earned a place on the World Cup team. However, she never has finished among the top 30 at any one event and therefore was not listed in the Placid.

tion to himself. He has no superstitions, does not carry a distinctive rifle, spends his days training and resting like everyone else, and sums it up by saying, "I'm one of your standard guys. No frills."

### Intro to biathlon

Redman ran cross-country and cross-country skied all four years at St. Lawrence University in upstate New York, about 20 miles south of the Canadian border and two hours northwest of Lake Placid, site of the 1932 and 1980 Olympic Winter Games. He

### Harder, meaner

Teela, who missed the cut for Nagano, said he came back from the 1998 Olympic Trials "harder, meaner, stronger, and more motivated." In retrospect, Teela felt he did not have enough experience to handle the pressure.

### Military man

Teela serves with the U.S. Army as a

### Part-time soldier

To support her training program, Salmela joined the Vermont National Guard in 1993 and still is a member. For 11 months, she was part of the Army's World Class Athlete Program. but opted out when participants were required to move to Utah. She made the U.S. national team in 1995 and competed in the World Championships the following year. Through 2001, her best finish in international competition was a 12th in the relay at the 1999

Salmela says that after being coached by a German who emphasized

# Many hometowns

Nahrgang was born in Philadelphia, but lived in Houghton, Michigan, until she was 7 while her father coached hockey at his alma mater, Michigan Tech. She considers her hometown to be Wayzata, Minnesota. Nahrgang attended Hopkins High School in the nearby suburb of Minnetonka and graduated in 1996 after transferring senior-year credits from the National Sports Academy in Lake





credits the military program with advancing his chances at the Salt Lake City Games. "I don't have to worry about finishing a second job in order to support myself in training," he says. "And that's a big deal. strength, power and interval training, she switched to a Russian coach who took the opposite approach: long hours of training with stepped-up intensity isfied with her progress, she broke with that training regime in the sum-

graduated in 1998 with a bachelor of

science degree in biology and environ-

Jareckie, whom he'd met at cross-coun-

try ski meets while Jareckie was com-

already familiar with firearms, having

biathlon team, and from there, Redman

linked up with coaches and was invited

to training camps. He says his skiing

was his biggest asset, adding, "I don't member of the World Class Athlete Pro-

gram, which allows soldier-athletes to

an international level as part of their

to serve if called to active duty. He

train and represent the United States on

military service. After the September 11

terrorist attacks, he said he was "ready"

peting for Middlebury. Redman was

grown up with small-caliber guns at

home in Florence, Vermont. The

National Guard sport bureau had a

mental science. He was introduced to

biathlon by 1994 Olympian Dave

only during the racing season. Dissatmer of 2000 and now works closely with her husband-coach and his junior trainees. Salmela says the junior women push her and sometimes even do more work than she does, because they are younger and need to build an aerobic base. She thinks the setup works for her because it's more adapt-



The American star enlisted in the Army National Guard in 1998 right before her rookie year on the World Cup so she could become financially independent. She attended boot camp at Fort Jackson, South Carolina, from March to June 1999, delaying the start of her first

competitive season. Her National Guard contract will end on April 30, 2002. She is also a member of the World Class Athlete Program (WCAP), which extends slightly longer, and the New Jersey Devils (1982-1986).

think good shooters could come in and learn this sport. It doesn't take nearly as long to [perfect] shoot[ing] as it does to learn to ski." As he progressed, he applied to the Army World Class Athlete Program (WCAP) which, unlike that of National Guard, means he's on active duty. He attended basic training in Fort Benning, Georgia, in the spring and summer of 1999 even before he applied to WCAP. His application to WCAP was approved on September 13, 1999.

He has been in the program ever

We have to train twice a day at the elite level and you have to rest between sessions.

Teela began his athletic career as a swimmer and later added cross-country running and track to his repertoire.

He swam the 50 free and 100 butterfly events in high school and started cross-country in junior high.

The combination, according to Tella, helped build up a good endurance base for his biathlon efforts.

able, individualized and allows her to be closer to her friends and family.

# Give a little

She made another big change in 2001 when her instinct told her to give up her spot on the World Championship team to Jill Krause after a nightmarish trip to Europe that was marked by illness and poor preparation. She later rebounded to win a silver medal in sprint at the World Military Games in Jericho, Vermont. She was 11 seconds behind the winner, Slovenia's Andrea Grasic, who was a fifth-place finisher in the individual event at the 1998 Nagano Games.

through May 20, 2002.

# Hockey family

Nahrgang is related to two former NHL defensemen. her father, Jim Nahrgang, played for the Detroit Red Wings from 1974-1977, and her uncle, Bob Lorimer, was a two-time Stanley Cup winner with the New York Islanders (1980 and 1981).

In his 10 seasons in the NHL, Lorimer also played for Colorado (1981-1982)





Black Knights one of three Patriot League schools ranked in Top 25

WEST POINT, N.Y. - Army attackmen from last year return what is most valuable about being enters the 2002 lacrosse season ranked 20th nationally in Face-Off Magazine's Top 25 Preaseason Coaches Poll released earlier this week. The Black Knights are one of three teams from the Patriot League that help make up the Top 25. Army is scheduled to play nine schools ranked in the presea-

Fresh off an 8-6 campaign in 2001, the Black Knights return seven starters, including presea-son second-team All-American

along with all three midfield units, two defensive midfielders, a close defenseman and senior goaltender Dominik Nogic.

Army will challenge defending champion Bucknell and perennial power Hobart for its eighth Patriot League title this spring. Bucknell appears in the Top 25 one spot ahead of Army at No. 19. Hobart was slated for 23rd by the coaches.

"It's always nice to be ranked son second-team All-American in the preseason poll from a Tim Pearson at attack. Pearson recruiting standpoint," Army head headlines a veteran squad that has coach Jack Emmer said. "The val Navy (No. 14) will all make a talent and depth from front to high school prospects all recog- trip to West Point in 2002. In back in the lineup. All three nize the ranked programs. That is addition to Syracuse, Army will Loyola, Duke and Hofstra.

ranked in the Top 25."
The Black Knights road to the

NCAA tournament will be difficult. Army faces nine ranked opponents and one school that received an honorable mention. Most prominent on the 2002 schedule is the season opener at Vo. 2 Syracuse on Feb. 23.

Army fans will get a good look at the Top 25 this spring. The Black Knights host five Top 25 schools this season. Hobart, Ohio State (No. 22), Rutgers (No. 24), Notre Dame (No. 11) and archri-

tangle with Bucknell, Hofstra (No. 10) and UMBC (No. 18) on the road. Denver received honorable mention accolades in the Top 25 Coaches Poll. They invade Shea Stadium on March 2.

Defending national champion Princeton is the preseason number one, receiving 36 of 42 first-place votes. Syracuse is second, garnering 12 votes for the top spot. Johns Hopkins and 2001 Final Four participant Towson are third and fourth, respectively, each receiving one nod for first place. Rounding out the Top 10 is Virginia, Maryland, Georgetown,



By Thomas Kielbasa

CAMP BLANDING, Fla. When soldiers from the Florida National Guard go to the 2002 Winter Olympics, they won't be seeking gold or silver medals. Instead, they'll be searching for bombs. Members of the 221st Explosive Ordnance Disposal unit

agencies to search for explosives during the games.

"This is a big step for the National Guard community as far as working side-by-side with active components in a security setting like this," said SSgt. Michael Morgan, one of the team leaders for the 221st.
The majority of the 22-person

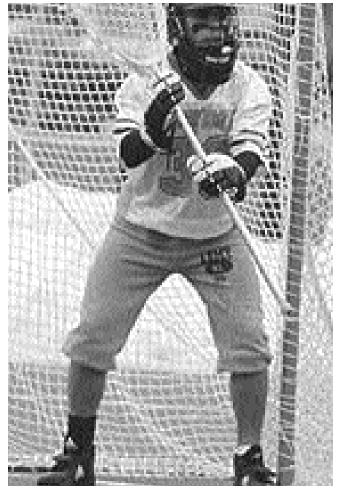
unit will deploy shortly before the games and join other Guard EOD

SFC James Kendrick of the 221st explained his unit is "highly motivated" to support security operations at the Winter Olympics, especially since the

terrorist attacks of Sept. 11. "They are looking at 70,000 spectators on the ground every day. 15.000 accredited media per-

ment support and looking for detonated in Centennial Olympic deadly explosive devices at the Park during the 1996 summer games in Atlanta.

"Everybody here is excited about the mission," Capt. Charlie Van Zant, commander of the 221st EOD, said. "This is a first for not only the Florida National Guard, but also the National Guard in general to work in support of the Secret Service... I think this speaks well of the National



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### **COUNTRY STAMPEDE**

Have you ever attended a party with thousands of friends, national recording artists, and four days of non-stop music and fun? Country Stampede is a weekend country music and camping festival June 26-30, in Manhattan. The weekend is fun filled and action packed with great performers, fantastic food, colorful crafts, and much, much more! Top performers will include Lonestar, Alan Jackson, Kenny Chesney, Toby Keith and more. ITR now taking discount orders now for one-Day at \$35 and three-Day for \$65 Gate prices will be \$40 and \$75 respectively.

### **DISCOUNT MOVIE TICKETS**

Tickets are available for Carmike Theater in Manhattan and Westside Twin in Junction City at discounts. Buy several as they can be used within a year of purchase.

# SKI COLORADO

Looking for the perfect Colorado mountain experience? Look no further than Winter Park Resort, a haven for skiers and snowboarders hungry for great terrain and the deepest powder of any major Colorado resort. When it comes to snowfall, nobody gets more than Winter Park. Can anything top their mountain? Probably not, but their lodging and lift packages make Winter Park more affordable than ever. ITR will assist you with "Ski Colorado" packaging for Winter Park, Keystone/Breckenridge, Sol Vista Golf & Ski Ranch and Vail. Discounted military lift tickets are now available.

# Sleep to slopes

We offer packages for two, three and four-day trips most weekends throughout the season aboard a 40 passenger sleeper motorcoach. Two people face another two people with a table in-between creating a booth. There are 10 booths on the coach. The seats on this coach convert into bunk beds alloowing passengers to lie down horizontally and catch some sleep while driving across Kansas at night. Wake up rested and ready to ski or snowboard the next morning. Packages include transportation on Deluxe Sleeper Motorcoaches, hotel or condo lodging and lift tickets for each ski day. Call ITR for numerous ski packages to include transportation.

# **SNOW CREEK LEARN TO SKI**

If you ever wanted to try a sport of skiing or wanted a friend to learn...Now is the time! On Feb. 11 ski in historical Weston, Mo., located 15 minutes from KCI airport. Snow Creek has 100 percent snowmaking capabilities. Cost is \$15. This includes a special rope-tow ticket (valid for beginner areas only), complete set of rental equipment, beginner lesson and transportation. Skiers wishing to use the chairlifts can purchase a discount lift ticket through ITR. Limited space, so make reservations early. Tour is "FREE" to BOSS members (single soldiers only). Space limited so sign up early. ITR also sells discounted ski lift tickets for other ski dates. Let ITR put together a weekend package.

# "HEROES SALUTE"

Universal Studios Hollywood is pleased to announce that a very special promotion is being launched for our military community through April 30. Active duty military personnel will receive complimentary admission into Universal Studios Hollywood as well as the opportunity to purchase five tickets for family and friends at a 50 percent discount. This offer is only at the Universal Studios Hollywood ticket booths. Stop by ITR for brochure and further information.

# **WALT DISNEY WORLD**

Salutes the U.S. Armed Forces - U.S. Active military personnel are eligible for discounts a at select Walt Disney World Resorts, starting with a \$49 per night rate (plus tax) at Disney's All-Star Resorts, available most nights through April 30. In conjunction with resort discounts, U.S. active military personnel may purchase The Ultimate Park Hopper Ticket at a 50 percent discount for their guests when making their room reservations in advance. The Ultimate Park Hopper Ticket is not available at the theme park windows, and may only be purchased in conjunction with a room reservation. The dates of validity for the Ultimate Park Hopper ticket match the dates of the room reservation. What makes the Ultimate Park Hopper ticket special? The Ultimate Park Hopper ticket allows unlimited admission during the period of the room stay at the Magic Kingdom. Epcot, Disney-MGM Studios, Disney's Animal Kingdom, River Country, Typhoon Lagoon, Blizzard Beach, Pleasure Island, Disney's Wide World of Sports(not valid for hard ticket events)..and now, DisnevOuest, our indoor interactive theme park. In addition. by purchasing the Ultimate Park Hopper ticket when making room reservations, the tickets will be waiting at the hotel upon check-in...no waiting in line at theme park ticket windows. The entitlement for the Ultimate Park Hopper ticket match those of the complimentary ticket given to each active member of the U.S. military. To make Walt Disney World Resort room reservations call ITR



A camera crew conducts a live interview for NBC's Today show with SFC Pat Tetrick. Tetrick is with the 346th Mili tary Police Company that has been activated in support of Operation Enduring Freedom. During the interview, the Today show talked with Tetrick's wife, Christina, in Illinois, and Tetrick, here at Fort Riley, about the upcoming birth of their quadruplets.

# Fifteen minutes

# Activated Reservist, wife share national limelight

By Karen E. Hinkle K-State Intern

What do quadruplets, national television and a deployment have his wife. in common?

of the 346th Military Police Company. He is a soon-to-be father of quadruplets that appear to be two only one person in 285 will have interview with Tetrick.

Amidst the camera cables and monitors, he seemed comfortable sets of identical twins according to a recent sonogram conducted on Tetrick's wife, Christina. He is also on orders for deployment. All of this together has set off a media storm.

Two weeks after Tetrick discovered he was going to be the father of four, he also learned that he was being activated with his Army Reserve unit out of Hutchinson, Kan., for Operation Enduring Freedom.

This isn't Tetrick's first deploy ment. During the Persian Gulf War, he was sent to Saudi Arabia with the 346th MP Co., and in 1997 he went to Hungary and Croatia with a Reserve MP company out of North Carolina.

interested in talking to Tetrick and

The answer is SFC Pat Tetrick plets don't happen very often a.m. to set up for the 8:30 a.m. identical twins. The odds of having quadruplets are even lower. with natural conception occurring in one person out of 729,000. No statistics could be found concerning the chances of having multiple sets of identical twins.

Since Tetrick learned of his activation, he and Christina have received calls from Dateline, 20/20, Primetime, CNN and the Today show, not to mention the calls from radio and TV stations and newspapers across the state of

Dateline NBC is scheduling several shots with the couple that will appear in the future concerning the quads' birth.

National media came to Fort

However, the combination of Riley Jan. 25 to do a live inter- make it difficult for him to be this deployment and quadruplets view with Tetrick concerning his there when his children are born, has the media world talking and upcoming deployment and his wife's upcoming births. The s wife. morning news show, Today, on Naturally conceived quadru- MSNBC sent a crew here at 6

> and reserved about his national interview as he showed the camera crew the sonograms of his unborn children that he keeps in his front pocket.

"This'll be easy," he said with a smile, referring to the interview.

Tetrick has some experience with national media. He worked with the Denver Broncos during the fall of 2001 as a sports administration intern. He was planning on finishing his degree in Sports Administration from Wichita State University this semester, until he was activated.

"I had one more semester, 13 hours, and it was the easiest one,' Tetrick said.

Tetrick's deployment will also

but that doesn't seem to keep him from being optimistic.

"I've told them (my family) to videotape anything they can.'

He hopes to be able to be with his wife when his children are born, but they have made arrange. ments in case his military mission prevents him from coming home.

"I wish I could be there, but it's something that happens, and it's part of my job as the military," he said. "She understands the military is a big part of my life."

Tetrick said many family members are willing to help his wife prepare the house and take care of the children once they're born.

"The support is there for her," he said.

Tetrick said he will do the best he can to get home for the big event.

'We have our fingers crossed,' he said, "and we're praying that it

# DCA plans ways to celebrate St. Valentine with that special someone

By Steven Cooke

19th PAD

Love is in the air and the time has come for bonded hearts to express their romantic feelings.

To help celebrate Valentine's Day, the Directorate of Community Activities will sponsor a Valen-

Jason Dunlap, BOSS president.

Participants can have someone and a box of chocolates delivered for \$15 or all three for \$20.

Though only military Department of Defense civilian identification cardholders can send the grams, they can send them to anyone in the Fort Rilev.

the past, explained Dunlap.
"Past responses to the grams serenaded for \$10, have a balloon have been real positive," Dunlap

> Reservations for the grams can be made through BOSS representatives, in person at the Information, Ticketing and Registration office or by phone at 239-5614.

either oven roasted prime rib with au jus or chicken cordon bleu.

The dance is open to all active duty military personnel, DOD civilians, their spouses and if space permits, to local community

members. The cost for the dinner and dance is \$19.95 per person.

# Classified runover

Service Directory 6 x 10.5" Black Only

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Fort Riley Post





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# Healthwatch

# Cold weather coming, protect yourself

The cold weather is finally times that amount. ipon us. Add a chilly temperature o the Kansas winds and you've ot a recipe for cold weather niuries.

According the Capt. (Dr.) Robert Russell, chief of Prevenive Medicine Services at Irwin Army Community Hospital, most old weather injuries, outside of ccidents, are preventable.

He said with proper clothing, helter and common sense, our odies can tolerate even the most rigid weather.

Russell said that our bodies have two basic mechanisms to end off the cold — shivering and educing the amount of blood that lows to our skin. He said that hivering helps to generate heat.

He said that the human body educes the blood flowing to our kin to create a barrier against the old temperature and our sensitive nternal organs.

This in turn lessens the amount of heat lost to the environment.

Russell explained that the hickness of this 'protective barrir' has about the same insulation value as that provided by a thin ousiness suit. In contrast, artic

He said that sometimes when our bodies are faced with life threatening cold temperatures, it is forced to sacrifice the skin to save the internal organs like the heart and lungs.

This is when we see cold weather injuries Russell said.

weather, our bodies never get used to the cold.

Frostbite is a type of cold weather injury that occurs when the temperature drops well below

the point of freezing.

According to Russell many people don't realize that the most common cold weather injuries happen above freezing temperature even when it is a warm as 60 degrees Fahrenheit.

Although, not as serious as frostbite, these types of injuries can nonetheless be both painful and leave lingering health effects.

You usually get this type of injury after a long-term exposure of days to weeks, but you can also get it in only a few hours depending on how wet, windy and cold it Russell said.

lothing provides seven to eight effect can sometimes be deceiving

he said. Though the coldness may appropriately by wearing a heavy seem tolerable, your skin may be coat and thick gloves to keep undergoing continuous damage, which won't be apparent until you start noticing numbness, pain or both.

Russell said the body parts that are most effected are the hands. feet, legs and face. He said that Russell explained unlike hot exposed skin is especially vulnerable to injury. Injury is often associated with numbness, swelling and redness, but sometimes the skin will turn white or blue.

The degree of discomfort can range from mild to quite severe. "For severe exposure," Russell said, "the skin can actually blis-

Often you can simply treat it with a simple over-the-counter aloe vera cream and by minimizing your cold exposure. However, if you are experienc-

ing pain and/or numbness, you should seek out a health care provider immediately. `Frostbite is very serious.'' he

said. "It always involves blistering at the very least and always require medical attention. Russell suggest to minimize

This long-term accumulative injuries from exposure to cold weather, you must first dress

warm.

He cautioned not to forget the hat and extra thick socks.

Other precautions include keeping your body well fed and hydrated.

If a clothing item gets wet, change it immediately he said.

Russell said everyone should take the time to place emergency items in your vehicle storage compartment of your car.

These items include a heavy blanket or sleeping bag, extra dry clothes and food and water at the very least. If you don't typically wear boots or heavy insulated gloves, store them in your vehicle as well. He reminds people to have enough for everybody.

Russell said that children especially babies, are much more vulnerable to cold weather injuries so precautions need to be taken.

Finally, he said if your pet is used to being kept inside where it is warm, take extra precaution with them as well.

It takes a pet a long time to get acclimated to the cold weather. IACH.

# **IACH Briefs**

# **Cancer group meets**

The Fort Riley Cancer Support Group will meet Feb. 6, at 6 p.m. at Irwin Army Community Hospital on the first floor, in the patient waiting area of the Surgery Clinic.

Military servicemembers, their family members and Department of Army civilians are welcome to attend. Participation is encouraged for persons who were recently diagnosed with cancer, family and friends of persons with cancer and cancer survivors. The Fort Riley Cancer Support Group meeting is usually held on the first Wednesday of the month. For more information, call 239-7163.

# Diabetes class slated

The Diabetes Education Class will be held Feb. 7, from 8 a.m. to 1 p.m. in the Nutrition Care Division Classroom at Irwin Army Community Hospital. This is a four to five hour class that will cover diabetes types and symptoms; hyperglycemia; nutrition; exercise; glucose monitoring; oral diabetes medication; insulin therapy and standards of medical care for diabetic patients.

To enroll in the Diabetes Education Class, patients must have a referral from their primary care manager or a community-screening program. Patients who have a referral should call the local TRICARE Service Center at (785) 784-1200 or call toll free 1-800-874-9378.

# Breast-feeding classes at IACH

The Women and Infant Care Center of Irwin Army Community Hospital offers free Breast-feeding classes on the third Tuesday of each month. A dietician will address the nutritional requirements for breast-feeding moms and a Breast-feeding Educator will talk about the advantages of breast-feeding and how to prepare for successful nursing. Breast-feeding techniques, troubleshooting advice, and where to find support will also be offered. Classes are held in the Obstetrics classroom on the third floor from 1-2:30 p.m. Everyone is invited and walkins are welcome. For more information, call Capt. Diana Seuss at 239-7434.

### **Prenatal classes offered**

The Women Infant Care Center of Irwin Army Community Hospital is offering a new series of prenatal classes, "The Gift of Motherhood" on Feb. 16 from 9:30 a.m. to 1:30 p.m., 3rd floor classroom. Expectant mothers, between their 12th and 40th week of pregnancy are eligible to attend. The prenatal classes are free and each participant will receive a personal copy of the book, "The Gift of Motherhood" to take home. Expectant mothers are asked to bring their spouse, significant other or birth coach. The class is limited to 20 participants. The prenatal classes will continue to be held on the third Saturday of every month at IACH. For more information, please call Capt. Diana Seuss at 239-7434. To register for "The Gift of Motherhood" prenatal classes, please call the Fort Riley TRI-CARE Service Center at 784-1200 or toll free is 1-888-874-

# Hand, Foot, Mouth disease common among children

By April D. Kidd

*IACH* 

Hand, Foot, and Mouth disease a common illness among nfants and young children ages ix months to 10 years. Adult ases can be confirmed as well. HFMD is usually characterized by ever, small sores in the mouth. and small blisters or red spots on he palms of hands and soles of eet

Blisters can also be found between the fingers and toes. Jsually five or fewer blisters per and or foot are seen. Persons vith HFMD often complain of ore throat or sore mouth, feeling ick, and affected young children nay refuse to eat.

Coxackie Virus A16 can cause hand, Foot and Mouth disease. This virus has no relationship to foot and mouth disease of cattle. Hand, Foot and Mouth disease is usually not serious and nearly all patients recover without medical treatment in seven to 10 days. Fever, being the first symptom, usually persists for one to two days. Outbreaks of HFMD occur most often in early spring and fall, but can be seen throughout the

Hand, Foot, and Mouth disease is quite contagious and is spread by direct contact with nose and throat discharges and feces of infected persons. Respiratory droplets also spread HFMD.

from pets. A person is most contagious during the first week of the illness. Although usually self-limiting, HFMD has been fatal in rare infant cases and may cause viral meningitis, in which the person has a fever, headache, stiff neck or back pain. Infection results in immunity to the specific virus, but a second episode may occur following infection with a different member of the viral group.

No specific treatment is available for curing HFMD. Treatment is sometimes given to provide relief from fever, aches or pain from the mouth sores.

Preventive measures include frequent hand washing, especially

HFMD is not transmitted to or after diaper changes, disinfecting of contaminated surfaces and washing soiled articles of cloth-

To help decrease the spread of the HFMD, it is also recommended that children be excluded from child care programs or schools or other group settings during the first few days of the illness or/and until the sores have disappeared.

Your Primary Care Manager will be able to determine if you or your child have Hand, Foot and Mouth disease.

If you have questions or need more information, contact your health care provider or Preventive Medicine, Irwin Army Community Hospital at 239-7323.

# Tobacco cessation

New classes are forming to ick that tobacco habit. Irwin Army Community Hospital offers four-week tobacco cessation orogram, which meets on Wednesday from 5 - 6 p.m. or Thursday from 3:30 - 4:30 p.m. or those concerned about gainng weight after kicking the tobaco habit, a dietician teaches paricipants healthy ways to avoid veight gain.

Military servicemembers, their amilies and DoD civilians may participate in the tobacco cessaion program. For more informaion, contact Community Health Vursing at 239-7323.

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**FILL**